

Prices - Please note passes are for the use of direct Family Members only. Squads must be booked in advance from each Monday for the following week.

12 months Individual Squad Pass	Unlimited entry to all pools. Payments are to be made 1 month in advance. Recommended for attendance of 6 session p/w or more = 'Approx' \$6.15 per session based on 46 weeks attendance	\$1698
60 Visit Squad Pass	<u>Valid for 4 months only</u> and for attendance of 5 session p/w = \$7.90 per session	\$474
20 Visit Squad Pass	<u>Valid for 8 weeks only</u> and for attendance of 3 - 4 session p/w = \$9.60 per session	\$192
10 Visit Squad Pass	<u>Valid for 7 weeks only</u> and for attendance of 2 - 3 session p/w = \$11.10 per session	\$111
5 Visit Squad Pass	<u>Valid for 6 weeks only</u> and for attendance of 1 session p/w = \$13.20 per session	\$66
Casual Squad	All prices include pool entry	\$13.80
20 Visit Adult Pass	<u>Valid for 12 months</u>	\$192

When purchasing a squad pass please check the terms and conditions posted on our website or ask for a copy at reception. If you require more information please contact Gavin Urquhart or Jeff Collier via email gurquhart@tweed.nsw.gov.au or please check our website www.trac.tweed.nsw.gov.au

Swimming Squad Levels - Please note no squad on Public Holidays

Senior	Senior sessions are more intense (especially morning squads), require more discipline and are more focused on athletes aspiring to compete at the state or national levels of swimming in any discipline. (Triathlon, Surf, school, ocean, Swimming Australia etc). (5 - 8 session p/w.) This squad requires a commitment to training. So please - No getting out early!
Sharks	Our first Squad level following on from the Learn to Swim program with an aim to develop the life skill of swimming, improve aquatic strength and swimming technique in a fun and enthusiastic environment. (recommended that swimmers attend 2 - 3 sessions per week)
Cadets	The Cadets is the transitional level before entry into the Senior Squad swimming program. Young swimmers will be challenged and introduced to training techniques in all four competitive strokes. Swimmers are encouraged to participate in a competitive Swimming or Surf club of any discipline. (4 sessions per week)

This Month

School Swimming - c'mon get to practice!!!

A general rule: if you want to be a good swimmer. Fast, strong and technically proficient, we recommend the following session attendance; Whatever number grade you are in at school, should equal your sporting sessions per week with the majority going to swimming practice - as it is the hardest sport for human adaption. For e.g Little Rudolf is in grade 6, he likes soccer, surfing and swimming. I would recommend 2 surfing, 2 swimming, 2 soccer. As the swimming and surfing will support each other. Then once they are in grade 7, 3 swimming session per week.

Swimmers are encouraged to compete in additional competitions. Please consult your club or respective coach for additional competitions, information and qualifying meets.

Like us on Facebook <https://www.facebook.com/TweedRegionalAquaticCentre/>

Competitive		Murwillumbah	Kingscliff	Tweed
MON	AM - Senior	Michael 6 - 7.30 / 7-8 Sharks	Gavin 5.30 - 7	
	PM - Sharks	Brendan 3:30 - 4:30	Aaron 3:30 - 4:30 Kaylene 5 - 5:45	Sandy 3:30-4:30
	PM - Cadets	Brendan 4:30 - 5:30	Gavin 4 - 6:30 (Gym)	Sandy 4:30 - 6
	PM - Senior	Brendan 4:30 - 5:45	Gavin 4 - 6:30 (Gym)	Sandy 4:30 - 6
TUES	AM - Senior	Gavin 5:30 - 7:30 (Gym)	Dwain 5:30 - 7	Ian 5.30-7.30
	PM - Sharks	Michael 3:30 - 4:30	Aaron 3:30 - 4:30	AM 6:30-7:30
	PM - Cadets	Michael 4:30 - 5:30	Gavin 4 - 6 (Gym)(Club)	AM Cadets 5.30-7.30
	PM - Senior	Michael 4:30 - 5:45	Gavin 4 - 6 (Gym)(Club)	
WED	AM - Senior	Michael 6 - 7.30 / 7-8 Sharks	Dwain 5:30 - 7	Ian 5.30 - 7.30
	PM - Sharks	Brendan 4:45 - 5:45	Gavin 3:30 - 4:30	AM Sharks 6:30-7:30
	PM - Cadets	Brendan 3:30 - 4:45	Gavin 4 - 6:30 (Gym)	AM Cadets 5.30-7.30
	PM - Senior	Brendan 3:30 - 4:45	Gavin 4 - 6:30 (Gym)	
THURS	AM - Senior	X	Dwain 5:30 - 7	Ian 5.30 - 7.30
	PM - Sharks	Brendan 3:30 - 4:30	Aaron 3:30 - 4:30	AM Sharks 6:30-7:30
	PM - Cadets	Brendan 4:30 - 5:30	Aaron 4:30 - 6:30	AM Cadets 5.30-7.30
	PM - Senior	Brendan 4:30 - 5:45	Aaron 4:30 - 6:30	
FRI	AM - Senior	Michael 6 - 7.30 / 7-8 Sharks	Dwain 5:30 - 7	Ian 5.30 - 7.30
	PM - Sharks	X	X	AM Sharks 6:30-7:30
	PM - Cadets	X	X	AM Cadets 5.30-7.30
	PM - Senior	X	X	
SAT	AM - Senior	X Please attend Kingscliff	Dwain 8 - 10 (Gym)	Ian 8 - 9:30
	AM - Cadets		Dwain 8 - 10 (Gym)	Ian 8 - 9:30
	AM - Sharks		Dwain 10 - 11	

Fitness	Murwillumbah	Kingscliff	Tweed
Monday	X	Aaron 6pm - 7 pm	
Tuesday	Michael 5:45pm - 6:45pm		
Wednesday	X		
Thursday	Brendan 5:45pm - 6:45pm	Aaron 6pm - 7 pm	